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## ANDREWS SPORT 2010-2011 Winter Programs / Prices

### Sport Conditioning (Small Group Training)

- 20 Sessions \$320
- 40 Sessions \$500

### Total Team Training Sessions

- 2 Stations \$129
- 3 Stations \$159

### Team Conditioning

- Drop In \$99
- 10 Session Pack \$899

### ED Fitness

- |               | Reg.  | Student |
|---------------|-------|---------|
| - Drop In     | \$8   | \$7     |
| - 10 Sessions | \$70  | \$60    |
| - 3 Month     | \$150 | \$120   |

### Adult Fitness

- 20 Sessions \$280
- 40 Sessions \$420

### Personal Training Sessions

- 5 Sessions \$250
- 10 Sessions \$450

**\*Personal Training Packages include free fitness assessment and consultation**

**\*\*All Prices are Subject to GST\*\***

**Kris MacPhee**, Director of Sport Conditioning, holds a Masters of Sports Science Degree with a Coaching and Fitness Management Major from the United States Sports Academy. He also holds an Arts Degree from UPEI. He is a Certified Personal Trainer, and a Certified Sports Conditioning Specialist. Kris is a former professional hockey player having spent time with the ECHL's Dayton Bombers and Charlotte Checkers as well as the CHL's Laredo Bucks. He played his junior hockey for the OHL Peterborough Petes before embarking on a successful career with the UPEI Panthers. He is an assistant coach of the UPEI Panthers, and currently scouts for the Saint John Sea Dogs of the QMJHL. He trains many Professional, College and Junior A players as well as teams and individuals year round.

**Kris MacDonald**, Sport Conditioning Specialist, graduated from Acadia University with a degree in Kinesiology in 2010. He currently works at Andrews Sports Science, Research, and Training Centre. Kris grew up playing in the Pownal Minor Hockey System, and played one year of Major Midget hockey with Cornwall Thunder before starting his Junior Hockey career with the Summerside Capitals. He then played for P.E.I. Rocket and Acadie-Bathurst Titan of the QMJHL before finishing his Junior Hockey career the same way he started, playing for the Summerside Capitals. He then went on to play 3 years at Acadia University.

For more information on Programs please contact Kris MacPhee - [kris@hockeygrowth.com](mailto:kris@hockeygrowth.com) or Johnathan Doiron - [info@hockeygrowth.com](mailto:info@hockeygrowth.com).